



Balance and Mobility Training for Fall Prevention

May 27, 2009

10:00 a.m. – 4:00 p.m.

Handlery Hotel and Resort

950 Hotel Circle North

San Diego, CA 92108



Physical Activity Instructors:

Please join the Fall Prevention Center of Excellence and the Faculty of the Center for Successful Aging at California State University, Fullerton for a one-day workshop on balance and mobility as a strategy for fall risk reduction.

Goal:

Instructors will be introduced to setting-appropriate and practical assessment tools and program content aimed at improving the balance and mobility of older adults at low-to-moderate and moderate-to-high risk for falls.

Registration Fee:

A \$50 registration fee will cover workshop costs, a CD-based program manual including assessment and risk-specific program content, and a certificate of training completion so instructors can apply for continuing education credits from their professional organizations.

Registration:

Name: _____

Organization: _____

Address: _____

City, State: _____ **Zip:** _____

Phone: _____ **Email:** _____

Work Setting:

(e.g. Senior Center, ADHC,
Assisted Living Facility)

Make check payable to CSUF Cashiers and **send it and this registration form** to:

California State University, Fullerton
Center for Successful Aging
800 N. State College Blvd., KHS-241
Fullerton, CA 92831-3599

The Fall Prevention Center of Excellence is supported by the Archstone Foundation.